



MIDDLE SCHOOL MENU

MEAL PRICES
BREAKFAST & LUNCH

FREE*

MILK ONLY: \$0.50

*Free for ALL children through 12/31/20

WWW.MANSFIELDCT.GOV/1595/LUNCH-MENUS-ONLINE-PAYMENT

WEEK OF OCT 19, 2020

Brunch for Lunch!
Chicken & Waffles
Hashbrown, Corn
Fruit of the Day, Juice
1% regular milk or fat-free
chocolate milk
MON/THURS

 **Mac 'n' Cheese**
LOCAL SUMMER SQUASH MEDLEY
Roasted Chickpeas
Fruit of the Day, Juice
1% regular milk or fat-free
chocolate milk
TUES/FRI

**Pizza, Grinder/Flatbread, or
Salad Plate Meal**

ALTERNATE LUNCH CHOICE

OCT 15 & 16 2020

Daily Selection of Offerings
Available Every Day
BREAKFAST

Beef & Bean Chili
Cornbread & Tortilla Chips
Baby Carrots
Fruit of the Day, Juice
1% regular milk or fat-free
chocolate milk
LUNCH

**Pizza, Grinder/Flatbread, or
Salad Plate Meal**
ALTERNATE LUNCH CHOICE

DID YOU KNOW?



Mansfield Public Schools
features apples from
Horse Listener's Orchard in
Ashford for almost the entire
duration of the school year!
When stock runs low in the
Spring, we continue to serve
apples picked in Southern
New England!


SQUASH FARM!

The squash featured during the
month of October is all grown in
Lebanon at Himmelstein Homestead
Farm. Farmer Frank Himmelstein
grows several vegetables,
including up to 10 different
varieties of squash!

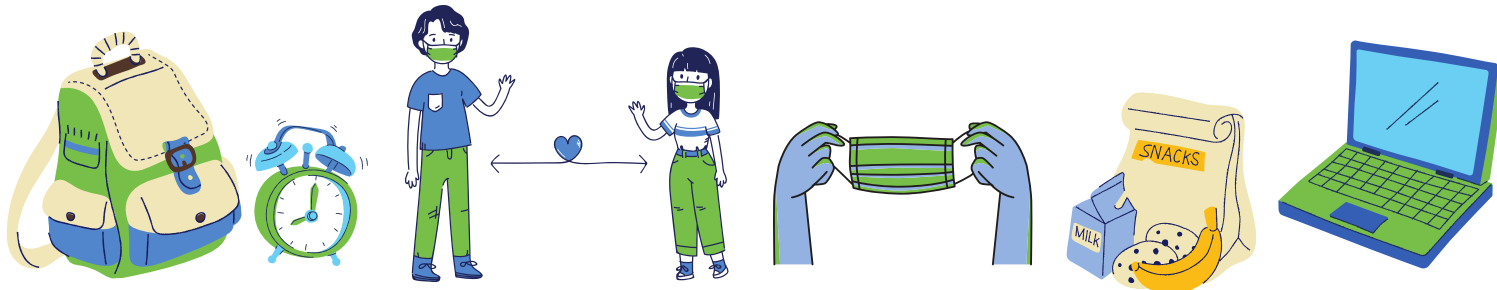


WEEK OF OCT 26, 2020

Chicken & Mashed Potato Bar
Golden Corn
Fruit of the Day, Juice
1% regular milk or fat-free
chocolate milk
MON/THURS

Hamburger or Cheeseburger
 **LOCAL WINTER SQUASH**
Cucumber Slices
Fruit of the Day, Juice
1% regular milk or fat-free
chocolate milk
Veggie burger available upon
request
TUES/FRI

**Pizza, Grinder/Flatbread, or
Salad Plate Meal**
ALTERNATE LUNCH CHOICE



MPS FOOD SERVICES - MIDDLE SCHOOL

BREAKFAST MEALS

CEREAL
BAGEL & CREAM CHEESE
BAKED BREAKFAST ITEM
MINI PANCAKES/WAFFLES
BREAKFAST SANDWICH

ALL MEALS INCLUDE 100% ORANGE JUICE, ½ CUP OF FRUIT, AND 1% REGULAR MILK

ALTERNATE LUNCH CHOICES

SALAD PLATE MEAL INCLUDES:
ENTRÉE SIZE GARDEN SALAD, PROTEIN, CROUTONS, ADDITIONAL GRAIN, FRUIT, CHOICE OF MILK

GRINDER/FLATBREAD MEAL
INCLUDES: SANDWICH W/ LETTUCE & CHEESE, VEGETABLE, FRUIT, CHOICE OF MILK

A LA CARTE PRICING

LIMIT 2 ITEMS PER SNACK TYPE

CHIPS (LARGE)	1.00	COOKIE	0.25	SWITCH	1.50	WATER (8 OZ)	0.50
CHIPS (SMALL)	0.50	HOT PRETZEL	0.75	CAPRI SUN	0.75	WATER (16 OZ)	1.00
ICE CREAM	0.75			MILK ONLY	0.50	WATER (SPORT TOP)	1.50

DIETARY MODIFICATIONS

GLUTEN FREE: WE CARRY THE FOLLOWING GLUTEN FREE ITEMS – HAMBURGER BUNS, HOT DOG BUNS, SLICED BREAD, CHICKEN TENDERS, PASTA, PIZZA CRUST, BAGELS, MUFFINS, CEREAL

DAIRY FREE: OUR VENDORS ONLY OFFER LACTAID FOR A MILK SUBSTITUTE. WE DO REALIZE MANY OF OUR ENTRÉE ITEMS INCLUDE CHEESE AS THE MEAT/MEAT ALTERNATE COMPONENT. WE CAN WORK WITH FAMILIES ON ALTERNATE OPTIONS

DISTANT & REMOTE LEARNING MEALS

MEALS ARE AVAILABLE FOR 3-DAY DISTANT AND 5-DAY REMOTE LEARNERS

CONTACT

FOODSERVE@MANSFIELDCT.ORG
TO MAKE ARRANGEMENTS OR FOR ANY OTHER FOOD SERVICES RELATED NEEDS!

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER